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Senior Health and Wellness Newsletter

Kentucky Department for Aging and Independent Living



Winter Emergency Plan and Supplies Kit for Seniors

Winter can be a difficult time for many. Many seniors often suffer from depression and/or loneliness, illness, falls and various emergencies. It is important to have a plan and kits to ensure you are stocked with important items. It is also important to share this plan and kit ideas with family members, friends, and case managers. Since emergencies can come in many different forms, it is important to be prepared for all forms.

Types of Winter Emergencies:

- * Natural disasters
- * Snow/Ice
- * Dangerously Low Temperatures
- * Power Outage
- * Illness/Virus
- * Food Poisoning
- * Falls

Some emergencies do not come with a warning, so being prepared ahead of time for emergencies can ensure you have everything you need. Planning can help avoid long lines, avoid dangerous outdoor conditions, and can be reassuring during the stress of an emergency.

The emergency kit should be located in a convenient and easy to find. Kit should be labeled and only used during emergency situations. It is important to let family and friends know where you keep your emergency kit so



they can assist you. Kits should be checked on a regular basis to ensure things are not expired opened, and fully stocked. Using a checklist (like the one on the back of this page) will be a guide to make sure you have everything you need during an emergency.

Please keep in mind that kits are supposed to be convenient and quick. Do not feel like you have to pack everything in the kits. Kits should only have your daily essentials in them.

Winter Emergency Kit Checklist

- ◇ 1 week of shelf stable food items
 - ◇ Canned Food Items
 - ◇ Dried Food Items
 - ◇ Water (1 gallon per day, per person)
 - ◇ Flashlight with batteries
 - ◇ Battery-Operated Radio (with batteries)
 - ◇ First-aid Kit
 - ◇ Band-aides/bandages
 - ◇ Antibiotic Ointment
 - ◇ Gloves
 - ◇ Scissors
 - ◇ Gauze
 - ◇ Thermometer
 - ◇ 1 week supply of medications
 - ◇ Prescription and Regularly Used Over the Counter
 - ◇ Multi-Purpose Tool
 - ◇ Copies of:
 - ◇ List of Medications
 - ◇ List of Medical Conditions
 - ◇ Insurance Policy
 - ◇ Emergency Contact info
 - ◇ Warm Blanket
 - ◇ Cards, Activity Books, Books, Board games
 - ◇ Winter Coat, Gloves, Scarf, Hat
- Sick Day Food Items:**
- ◇ Regular and Sugar Free (if diabetic) Food Items
 - Gelatin, Pudding, Popsicles
 - Cans of soup, crackers
 - ◇ Regular and Sugar Free (if diabetic) beverages (
 - Soft Drinks, Electrolyte/Sports Drink, Juice, Bottled Water
 - ◇ Sick Day Plan with doctor to know when to go into office



References:

The Red Cross: <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/anatomy-of-a-first-aid-kit.html>

The Red Cross:

https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness___Disaster_Recovery/Disaster_Preparedness/Disaster_Preparedness_for_Srs-English.revised_7-09.pdf

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<https://chfs.ky.gov/agencies/dail/Pages/nutrition.aspx>